

## Mexican Black Bean Chili

This recipe is adapted from one in 'The Doctors Kitchen' by Dr Rupy Aujla. It is a lovely book with some great ideas in it. I have made this a few times now and it is always delicious; even though I keep playing about with the ingredients! Make it as spicy as you like. His recipe does have sun-dried tomato in it but I am trying to eat as little tomato as possible. He also uses onion and garlic but I don't use them either. Basically you can put what you like in it! I love kidney beans and have used those.

I have also put peppers and mushrooms in it. It is lovely to have some other colours coming through.

### Ingredients:

2 tbsp coconut oil (you can use any)

1 tsp smoked sweet paprika

1 tsp chilli flakes...or fresh whole chilli. (I often use chipotle now for the extra smoked flavour)

1 tsp cumin seeds

400g tin of black beans drained and rinsed (or cook 200g of dried black beans)

400g tin chopped organic tomatoes

1 tsp sweetener - I tend to use maple syrup or date syrup

200g tin sweetcorn...you can cook your own corn on the cob when in season.

In the oil add the paprika, chilli and cumin and cook for 1 minute.

Add the black beans.

Add the tomatoes. Add the sweetener.

Cook through for 20mins and then add the sweetcorn and cook for another couple of minutes.

Serve with rice or quinoa or on sourdough bread. Heavenly with a red cabbage coleslaw on the side...which Rupy does give you a recipe for.

It keeps well and the flavour deepens if made the night before.

No idea if it freezes...too delicious to keep that long.